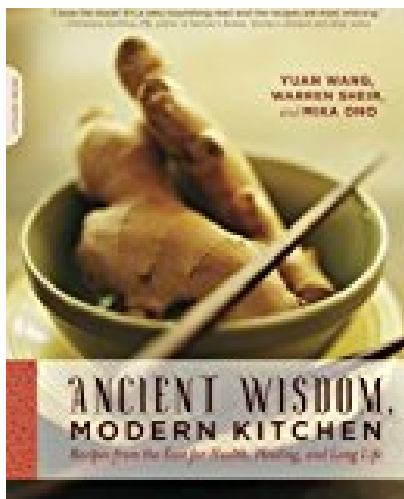


# Ancient Wisdom Modern Kitchen Recipes from the East for Health Healing and Long Life

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## BOOK DETAILS

- Author : Yuan Wang
- Pages : 352 Pages
- Publisher : Da Capo Lifelong Books
- Language : English
- ISBN : 073821325X

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## **BOOK SYNOPSIS**

Award-Winner in the Cookbooks: International category of the 2010 International Book Awards Ancient Wisdom, Modern Kitchen reveals how easy it is to tap into the 3,000-year-old secrets of the Eastern healing arts. This entertaining and easy-to-use book provides scores of delicious recipes, anecdotes about various herbs and foods, and all you need to know about acquiring ingredients—even if you don't know the difference between a lotus seed and the lotus position. Highlighting "superfoods," such as goji berries, as well as more familiar ingredients like ginger, garlic, and mint, Ancient Wisdom, Modern Kitchen includes indispensable information: • An overview of traditional Chinese medicine, herbs, and food therapy • Details on 100 healthy Asian ingredients • Healing recipes for common health concerns, including fatigue, menopause, high cholesterol, weight control, and diabetes

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